

The Balanced Plate

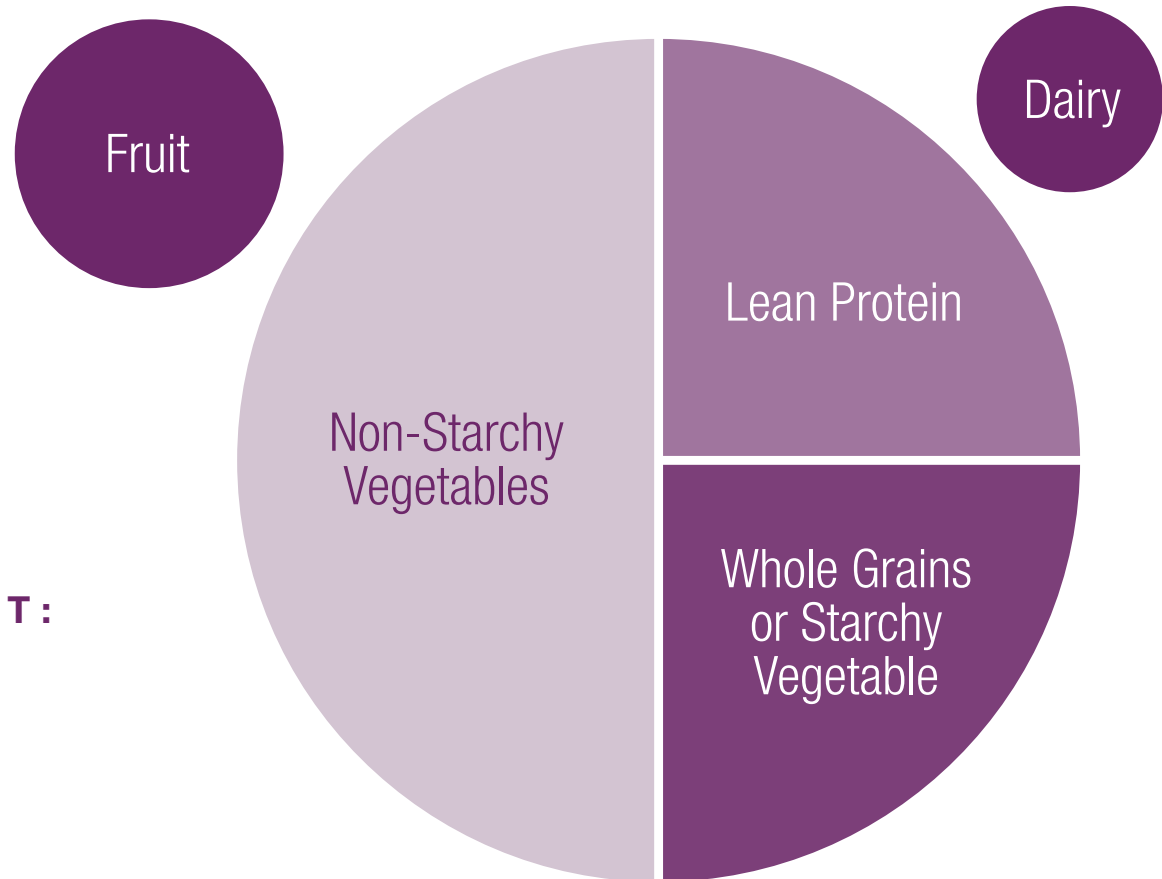
Moderation and balance are key: It's not a 'diet;' it's a way of living.

MEAL PLANNING

- ▶ **Include a variety of foods**
 - Provides a variety of nutrients
 - Plays a functional role in lasting satiety
- ▶ **Add...don't take away.**
 - Add a side of vegetables
 - Add a garden salad
- ▶ **Moderation**
 - All foods can fit
 - Eliminates the desire to "categorize" foods
- ▶ **Balance**

MEAL PLANNING CONCEPT: THE PLATE MODEL

- ▶ **Divide the plate in half**
 - ½ the plate – fill with non-starchy vegetables (2 cups raw, 1 cup cooked; include a variety of colors)
- ▶ **Divide the rest of the plate in half again**
 - ¼ the plate – fill with a protein choice (fish, poultry, lean beef, lean pork or protein substitute)
 - ¼ the plate – fill with a starch, grain or starchy vegetable (brown rice, barley, bulgur wheat, couscous, oats, whole grain breads, potato, corn, peas)
 - Sides
 - Small piece of fruit
 - Skim milk or light yogurt



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Creating Balance

Food is nourishment: Focus on functional foods to make you feel full and satisfied.

Getting Started with the NEW PLATE

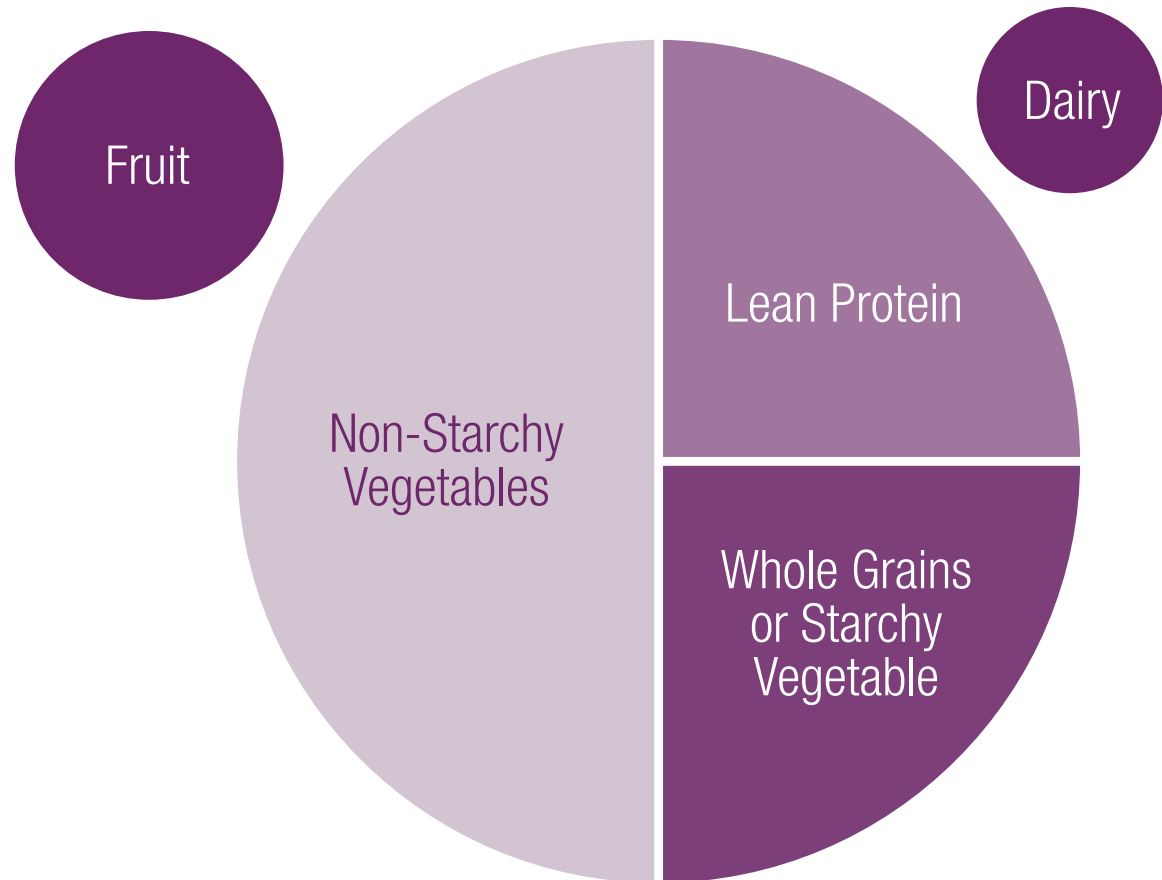
- ▶ **Add...don't take away**
- ▶ **Initially, don't worry about**
 - What kind of protein
 - What kind of starch

Just get used to the balance

- ▶ **Having a protein, starch, non-starchy vegetable**
- ▶ **Don't get too caught up in the details**

Fine Tuning Your Plate

- ▶ **As you become used to balance, then we can fine tune the 'kind/type' of foods**
 - Choosing leaner meats
 - Choosing higher fiber starches
- ▶ **Get creative**
 - Try recipe modification vs. omitting favorite foods
- ▶ **Try to include:**
 - Fiber source (adds bulk/promotes fullness)
 - Whole grains
 - Non-starchy vegetables
 - Protein source (satisfying)
 - Lean meats
 - Meat substitutes
 - Light cheese
 - Beans (other than green beans)



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